



Health Matters

**Eat Smart • Move More • Stress Less
Quit Tobacco • Get A Flu Shot • Choose Well**

Eat Smart Program Overview

What is Eat Smart?

Eat Smart is a King County program designed to educate, encourage and empower employees and their families to make smart food choices.

Why Eat Smart?

Research shows that good nutrition can play a large role in the prevention of some diseases. In addition, healthy eating habits have a positive impact on your mood, energy level, performance and overall health.

Why Eat Smart at King County?

King County is trying to improve the lives of its employees and their families. Improving health through work based programs is a good way. Most employees spend most of their waking hours at work and consume 1-2 meals and snacks during working hours. The workplace is ideal to influence and promote healthy eating habits.

What are the goals of Eat Smart?

The goals of Eat Smart are to:

- Increase awareness of good nutrition facts and the benefits of good nutrition
- Increase awareness of health risks of poor nutrition
- Increase awareness of factors to consider in making smart food choices
- Provide tools and resources to make smart food choices

What are smart food choices?

Smart food choices are based on the Dietary Guidelines for Americans, which gives science-based advice on food and physical activity choices for good health. People who eat smart strive to meet the recommended daily servings of fruits, vegetables and whole grains. In addition, smart food choices limit foods that are high in fat, sugar and sodium.

How will the county help employees and their families Eat Smart?

The Eat Smart program includes a series of newsletter articles, Web site features, work-site posters, global emails, and is promoted during the Live Well Challenge. In addition, the county has implemented a Healthier Snacks program and the Weight Watchers at Work® program.

www.kingcounty.gov/employees

Email: healthmatters@kingcounty.gov · Phone: 206-205-5017